

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### IAAF DISQUALIFICATION RULES

<i>Athlete responsible for 2 false starts</i>	<i>IAAF 162.7</i>
<i>Ran outside the allocated lane during race, distinct from impeding athletes or</i>	
<i>Running out of lane in change zone (170.15)</i>	<i>IAAF 163.3</i>
<i>Drop baton and not collected by same athlete</i>	<i>IAAF 170.13</i>
<i>Changed baton outside of take-over zone</i>	<i>IAAF 170.14</i>
<i>Athlete willfully impedes other athlete by running out of position or lane</i>	<i>IAAF 170.15</i>

## JUNIOR TRACK

### Girls - U 8 - 100 Metre x 4

#### Heat 1

1 Sutherland, 11	---	1:07.28Q
2 Camden, 61	---	1:08.57q
3 Ku-Ring-Gai, 84	---	1:09.15q
4 Mosman, 19	---	1:10.60
5 Hills District, 15	---	1:13.00
6 Balmain, 17	---	1:13.80
7 St George, 9	---	1:15.26

#### Heat 2

1 Eastern Suburbs, 2	---	1:06.42Q	<b>RECORD</b>
2 Winston Hills, 76	---	1:08.48q	
3 Liverpool, 48	---	1:08.71q	
4 Northern Suburbs, 54	---	1:08.74q	
5 Ryde, 38	---	1:11.86	
6 South Eastern, 152	---	1:13.01	
7 Rouse Hill Rams, 248	---	1:13.68	
8 Blacktown, 8	---	1:28.03	
-- Cherrybrook, 219	---	DQ	170.14

#### Heat 3

1 Hornsby, 4	---	1:08.74Q	
2 Manly Warringah, 3	---	1:10.01q	
3 Gosford, 72	---	1:10.75q	
4 Randwick Botany, 1	---	1:10.75q	
5 Quakers Hill, 199	---	1:12.18	
6 Tallawong Park, 139	---	1:13.06	
7 Campbelltown Uws, 36	---	1:13.13	
-- Nepean, 13	---	DQ	170.14

#### Final

1 Eastern Suburbs, 2	---	1:06.88
2 Sutherland, 11	---	1:06.96
3 Northern Suburbs, 54	---	1:08.71
4 Camden, 61	---	1:09.38
5 Hornsby, 4	---	1:09.42
6 Winston Hills, 76	---	1:09.71
7 Ku-Ring-Gai, 84	---	1:10.40
8 Liverpool, 48	---	1:10.44
9 Manly Warringah, 3	---	1:10.98

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Girls - U 9 - 100 Metre x 4

#### Heat 1

1	Manly Warringah, 3	---	1:02.19Q	<b>RECORD</b>
2	Cherrybrook, 219	---	1:04.34q	
3	Ryde, 38	---	1:04.87q	
4	Campbelltown Uws, 36	---	1:05.66	
...Girls - U 9 - 100 Metre x 4				
5	Rouse Hill Rams, 248	---	1:08.60	
6	Blacktown, 8	---	1:11.08	
7	Tallawong Park, 139	---	1:14.83	
--	Minchinbury, 195	---	DQ	170.14
--	Balmain, 17	---	DQ	170.14

#### Heat 2

1	Ku-Ring-Gai, 84	---	1:03.39Q	
2	Randwick Botany, 1	---	1:04.08q	
3	Hornsby, 4	---	1:05.51	
4	Camden, 61	---	1:05.61	
5	Port Hacking, 110	---	1:06.08	
6	Hills District, 15	---	1:11.26	
7	Canterbury, 55	---	1:11.27	
8	Ambarvale, 58	---	1:15.83	

#### Heat 3

1	Eastern Suburbs, 2	---	1:02.76Q	
2	St George, 9	---	1:03.89q	
3	Albion Park, 71	---	1:03.92q	
4	Sutherland, 11	---	1:03.92q	
5	Bathurst, 59	---	1:05.83	
6	Mosman, 19	---	1:05.95	
7	Doonside, 140	---	1:06.51	
8	Winston Hills, 76	---	1:06.89	
--	Northern Suburbs, 54	---	DQ	170.14

#### Final

1	Eastern Suburbs, 2	---	1:02.85	
2	Manly Warringah, 3	---	1:03.50	
3	Ku-Ring-Gai, 84	---	1:03.68	
4	Randwick Botany, 1	---	1:04.65	
5	Albion Park, 71	---	1:04.79	
6	St George, 9	---	1:05.13	
7	Ryde, 38	---	1:05.42	
8	Cherrybrook, 219	---	1:05.46	
9	Sutherland, 11	---	1:08.38	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Girls - U 10 - 100 Metre x 4

#### Heat 1

1 Randwick Botany, 1	---		1:00.88Q
2 Cherrybrook, 219	---		1:01.20q
3 Northern Suburbs, 54	---		1:02.83
4 Western Suburbs, 20	---		1:04.69
-- Kings Langley, 53	---		DQ 170.14

#### Heat 2

1 Albion Park, 71	---		1:00.25Q
2 Manly Warringah, 3	---		1:00.83q 170.14
3 Liverpool, 48	---		1:03.83
4 Quakers Hill, 199	---		1:05.61
5 St George, 9	---		1:06.30
...Girls - U 10 - 100 Metre x 4			
-- Blacktown, 8	---		DQ 170.14

#### Heat 3

1 Ryde, 38	---		1:01.00Q
2 Eastern Suburbs, 2	---		1:01.53q
3 Nrocks/Carlingford, 158	---		1:02.80q
4 Camden, 61	---		1:02.84
5 Hills District, 15	---		1:02.91
6 Sutherland, 11	---		1:04.70
7 Balmain, 17	---		1:05.88

#### Heat 4

1 South Eastern, 152	---		1:01.61Q
2 Port Hacking, 110	---		1:02.07q
3 Springwood, 35	---		1:03.33
4 Mosman, 19	---		1:04.30
5 Ku-Ring-Gai, 84	---		1:04.45
6 Campbelltown Uws, 36	---		1:06.60
7 Rouse Hill Rams, 248	---		1:07.63

#### Final

1 Albion Park, 71	---		1:00.86
2 Manly Warringah, 3	---		1:01.07
3 Randwick Botany, 1	---		1:01.40
4 Ryde, 38	---		1:01.60
5 Cherrybrook, 219	---		1:02.00
6 South Eastern, 152	---		1:02.28
7 Eastern Suburbs, 2	---		1:02.70
8 Port Hacking, 110	---		1:02.98
9 Nrocks/Carlingford, 158	---		1:03.80

### Girls - U 11 - 100 Metre x 4

#### Heat 1

1 Hills District, 15	---		58.88Q
2 South Eastern, 152	---		59.74
3 Albion Park, 71	---		59.80
4 Camden, 61	---		59.99
5 Parramatta, 7	---		1:01.04
6 Kurrajong/Bilpin, 150	---		1:02.07
7 Tuggerah Lk Mingara, 165	---		1:03.01
8 Cherrybrook, 219	---		1:04.44
9 Rouse Hill Rams, 248	---		1:06.53

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Port Hacking, 110	---	56.98Q	<b>RECORD</b>
2 Manly Warringah, 3	---	58.16q	
3 Sutherland, 11	---	59.31q	
4 Northern Suburbs, 54	---	59.47q	
5 Liverpool, 48	---	1:00.45	
6 Mosman, 19	---	1:02.28	
7 Ku-Ring-Gai, 84	---	1:03.01	
8 Winston Hills, 76	---	1:07.14	

### Heat 3

1 Hornsby, 4	---	58.31Q	
2 Eastern Suburbs, 2	---	58.91q	
3 Randwick Botany, 1	---	58.97q	
4 Ryde, 38	---	59.57q	
5 Bathurst, 59	---	1:00.45	
6 Quakers Hill, 199	---	1:01.27	
7 Tallawong Park, 139	---	1:03.63	
8 Balmain, 17	---	1:03.76	
-- Kings Langley, 53	---	DQ	170.14

### Final

1 Port Hacking, 110	---	58.14	
2 Hornsby, 4	---	58.42	
3 Randwick Botany, 1	---	58.85	
4 Ryde, 38	---	59.01	
5 Eastern Suburbs, 2	---	59.16	
6 Hills District, 15	---	59.50	
7 Sutherland, 11	---	1:00.28	
8 Northern Suburbs, 54	---	1:00.44	
-- Manly Warringah, 3	---	DQ	170.14

## Girls - U 8-11 800 Metre M.Dist. (Junior)

### Heat 1

1 Cherrybrook, 219	---	11:29.63Q	
2 Hornsby, 4	---	12:09.96q	
3 Campbelltown Uws, 36	---	12:16.45q	
4 Camden, 61	---	12:19.13q	
5 Manly Warringah, 3	---	12:22.92q	
6 Liverpool, 48	---	12:48.35	
7 Randwick Botany, 1	---	12:57.40	
8 Tallawong Park, 139	---	13:02.00	
9 Rouse Hill Rams, 248	---	13:04.67	
10 Gosford, 72	---	13:58.44	
11 Hills District, 15	---	14:11.60	

### Heat 2

1 Northern Suburbs, 54	---	11:19.76Q	
2 Sutherland, 11	---	11:46.12q	
3 Winston Hills, 76	---	12:02.49q	
4 Kurrajong/Bilpin, 150	---	12:21.01q	
5 Ku-Ring-Gai, 84	---	12:25.95	
6 Eastern Suburbs, 2	---	12:28.20	
7 St George, 9	---	12:32.92	
8 Mosman, 19	---	12:34.39	
9 Tiger West, 68	---	12:40.20	
10 Prospect, 95	---	13:13.59	
-- Jamison, 163	---	DQ	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Final

1 Northern Suburbs, 54	---	11:17.70	<b>RECORD</b>
2 Cherrybrook, 219	---	11:28.85	
3 Sutherland, 11	---	11:31.27	
4 Kurrajong/Bilpin, 150	---	12:02.72	
5 Camden, 61	---	12:19.33	
6 Hornsby, 4	---	12:36.59	
7 Campbelltown Uws, 36	---	12:38.36	

### Boys - U 8 - 100 Metre x 4

#### Heat 1

1 Eastern Suburbs, 2	---	1:07.03Q	
2 St George, 9	---	1:07.10q	
3 Doonside, 140	---	1:08.76	
4 Kurrajong/Bilpin, 150	---	1:09.03	
5 Hornsby, 4	---	1:10.10	
6 Winston Hills, 76	---	1:16.36	
7 Gosford, 72	---	1:16.48	
-- Ryde, 38	---	DQ	170.14

#### Heat 2

1 Randwick Botany, 1	---	1:04.29Q	<b>RECORD</b>
2 Campbelltown Uws, 36	---	1:06.37q	
3 Manly Warringah, 3	---	1:07.54q	
4 Ku-Ring-Gai, 84	---	1:07.82q	
5 Camden, 61	---	1:08.66	
6 Nepean, 13	---	1:08.77	
7 Northern Suburbs, 54	---	1:08.80	
8 Rouse Hill Rams, 248	---	1:15.37	

#### Heat 3

1 Cherrybrook, 219	---	1:06.92Q	
2 Port Hacking, 110	---	1:07.01q	
3 Hills District, 15	---	1:08.55q	
4 Mosman, 19	---	1:09.25	
5 Liverpool, 48	---	1:10.18	
6 Blacktown, 8	---	1:10.98	
7 Balmain, 17	---	1:10.99	
8 Parramatta, 7	---	1:23.19	
-- Colyton/St Clair, 151	---	DQ	170.14

### Final

1 Randwick Botany, 1	---	1:05.19	
2 Ku-Ring-Gai, 84	---	1:05.26	
3 Port Hacking, 110	---	1:06.76	
4 Eastern Suburbs, 2	---	1:07.62	
5 Cherrybrook, 219	---	1:07.89	
6 Hills District, 15	---	1:08.08	
7 Manly Warringah, 3	---	1:08.16	
8 St George, 9	---	1:09.05	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Boys - U 9 - 100 Metre x 4

#### Heat 1

1 Ku-Ring-Gai, 84	---	1:01.53Q
2 Ryde, 38	---	1:01.67q
3 Port Hacking, 110	---	1:02.03q
4 Cherrybrook, 219	---	1:03.06
5 Sutherland, 11	---	1:04.65
6 Parramatta, 7	---	1:05.93
7 Canterbury, 55	---	1:06.96

#### Heat 2

1 Bathurst, 59	---	1:01.37Q
2 Randwick Botany, 1	---	1:02.00q
3 Winston Hills, 76	---	1:04.88
4 Gosford, 72	---	1:05.65
5 Rouse Hill Rams, 248	---	1:07.06
6 Doonside, 140	---	1:07.98

#### Heat 3

1 Manly Warringah, 3	---	1:01.91Q
2 St George, 9	---	1:02.41q
3 Mosman, 19	---	1:03.44
4 Northern Districts, 157	---	1:03.45
5 Campbelltown Uws, 36	---	1:03.70
6 Illawong, 70	---	1:07.74
7 Balmain, 17	---	1:07.99
8 Blacktown, 8	---	1:08.15

#### Heat 4

1 Northern Suburbs, 54	---	1:01.73Q
2 Eastern Suburbs, 2	---	1:01.76q
3 Liverpool, 48	---	1:05.26
4 Albion Park, 71	---	1:09.02
5 Tallawong Park, 139	---	1:09.14
6 Hills District, 15	---	1:09.25
-- Camden, 61	---	DQ 170.14

#### Final

1 Northern Suburbs, 54	---	1:01.24
2 Eastern Suburbs, 2	---	1:01.61
3 Ryde, 38	---	1:01.97
4 Ku-Ring-Gai, 84	---	1:02.11
5 Manly Warringah, 3	---	1:02.12
6 Randwick Botany, 1	---	1:02.48
7 Port Hacking, 110	---	1:02.71
8 St George, 9	---	1:02.79
9 Bathurst, 59	---	1:03.18

### Boys - U 10 - 100 Metre x 4

#### Heat 1

1 Cherrybrook, 219	---	57.37Q
2 Albion Park, 71	---	58.02q
3 Camden, 61	---	59.28q
4 South Eastern, 152	---	1:00.29q
5 Holroyd, 6	---	1:01.77
6 Nepean, 13	---	1:04.98
7 Randwick Botany, 1	---	1:05.58
8 Minchinbury, 195	---	1:05.73
9 Rouse Hill Rams, 248	---	1:06.12

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Ryde, 38	---	58.85Q
2 Tuggerah Lk Mingara, 165	---	58.91q
3 Balmain, 17	---	59.68q
4 Northern Suburbs, 54	---	1:01.27
5 St George, 9	---	1:01.41
6 Manly Warringah, 3	---	1:02.28
7 Springwood, 35	---	1:02.84
8 Colyton/St Clair, 151	---	1:03.90
9 Mosman, 19	---	1:04.03

### Heat 3

1 Campbelltown Uws, 36	---	1:00.24Q
2 Liverpool, 48	---	1:00.53q
3 Bathurst, 59	---	1:02.37
4 Sutherland, 11	---	1:03.88
5 Blacktown, 8	---	1:04.28
6 Ku-Ring-Gai, 84	---	1:05.46
7 Hills District, 15	---	1:05.92
-- Eastern Suburbs, 2	---	DQ 170.14

### Final

1 Cherrybrook, 219	---	57.41
2 Tuggerah Lk Mingara, 165	---	59.23
3 Ryde, 38	---	59.32
4 Campbelltown Uws, 36	---	1:00.14
5 Balmain, 17	---	1:00.36
6 Camden, 61	---	1:00.43
7 Liverpool, 48	---	1:01.02
8 South Eastern, 152	---	1:01.64
9 Albion Park, 71	---	1:07.40

## Boys - U 11 - 100 Metre x 4

### Heat 1

1 St George, 9	---	56.74Q
2 South Eastern, 152	---	56.91q
...Boys - U 11 - 100 Metre x 4		
3 Liverpool, 48	---	56.98q
4 Ku-Ring-Gai, 84	---	57.64q
5 Rouse Hill Rams, 248	---	58.41
6 Mosman, 19	---	58.90
7 Blacktown, 8	---	1:04.22

### Heat 2

1 Nepean, 13	---	57.05Q
2 Sutherland, 11	---	57.57q
3 Eastern Suburbs, 2	---	57.67q
4 Port Hacking, 110	---	58.99
5 Ryde, 38	---	59.80
6 Albion Park, 71	---	59.83
7 Campbelltown Uws, 36	---	1:00.62

### Heat 3

1 Northern Suburbs, 54	---	53.76Q	<b>RECORD</b>
2 Manly Warringah, 3	---	57.41q	
3 Randwick Botany, 1	---	58.61	
4 Hills District, 15	---	59.10	
5 Cherrybrook, 219	---	59.18	
6 Camden, 61	---	1:00.38	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Final

1 Northern Suburbs, 54	---	54.40
2 Manly Warringah, 3	---	56.98
3 South Eastern, 152	---	57.25
4 St George, 9	---	57.26
5 Eastern Suburbs, 2	---	57.50
6 Nepean, 13	---	57.53
7 Ku-Ring-Gai, 84	---	57.72
8 Liverpool, 48	---	58.02
9 Sutherland, 11	---	58.64

### Boys - U 8-11 800 Metre M.Dist. (Junior)

#### Heat 1

1 Manly Warringah, 3	---	10:45.18Q	<b>RECORD</b>
2 Cherrybrook, 219	---	10:57.93q	
3 Campbelltown Uws, 36	---	11:01.89q	
4 Northern Suburbs, 54	---	11:22.17q	
5 Hills District, 15	---	11:30.98q	
6 Rouse Hill Rams, 248	---	11:44.19	
7 Ryde, 38	---	11:46.67	
8 Randwick Botany, 1	---	12:16.89	
9 Penrith Valley, 66	---	13:01.01	
10 Winston Hills, 76	---	13:44.00	

#### Heat 2

1 Mosman, 19	---	11:07.65Q	
2 Nepean, 13	---	11:14.30q	
3 Liverpool, 48	---	11:29.38q	
4 Ku-Ring-Gai, 84	---	11:33.85q	

#### ...Boys - U 8-11 800 Metre M.Dist. (Junior)

5 St George, 9	---	12:03.01	
6 Eastern Suburbs, 2	---	12:09.25	
7 Prospect, 95	---	12:46.95	
8 Jamison, 163	---	12:52.39	
9 Tallawong Park, 139	---	12:56.16	

### Final

1 Manly Warringah, 3	---	10:47.36	
2 Northern Suburbs, 54	---	11:11.49	
3 Campbelltown Uws, 36	---	11:13.49	
4 Cherrybrook, 219	---	11:16.04	
5 Hills District, 15	---	11:20.25	
6 Liverpool, 48	---	11:31.23	
7 Mosman, 19	---	11:32.52	
8 Ku-Ring-Gai, 84	---	11:33.54	
9 Nepean, 13	---	11:40.07	

### Mixed U 8 - 100 Metre x 4

#### Final

1 Springwood, 35	W ---	1:06.62	<b>RECORD</b>
2 Jamison, 163	W ---	1:07.67	
3 Helensburgh, 44	W ---	1:09.49	
4 Warradale, 45	W ---	1:09.92	
5 Penrith Valley, 66	W ---	1:11.93	
6 Prospect, 95	W ---	1:13.74	
7 Tiger West, 68	W ---	1:18.92	
8 Greystanes, 39	W ---	1:19.09	
9 Cranebrook, 184	W ---	1:24.15	



# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Mixed U 9 - 100 Metre x 4

#### Heat 1

1 Jamison, 163	W ---	1:07.21Q
2 Cranebrook, 184	W ---	1:07.92q
3 Tiger West, 68	W ---	1:08.22q
4 Penrith Valley, 66	W ---	1:10.03q
-- Prospect, 95	W ---	DQ 170.13

#### Heat 2

1 Wollongong City, 102	W ---	1:03.45Q	<b>RECORD</b>
2 Greystanes, 39	W ---	1:04.92q	
3 Helensburgh, 44	W ---	1:06.57q	
-- Douglas Park, 179	W ---	DQ 170.14	
-- Warradale, 45	W ---	DQ 170.14	

#### Final

1 Wollongong City, 102	W ---	1:03.61
2 Helensburgh, 44	W ---	1:04.26
3 Greystanes, 39	W ---	1:06.55
4 Jamison, 163	W ---	1:06.70
5 Tiger West, 68	W ---	1:08.38
6 Cranebrook, 184	W ---	1:09.36
7 Penrith Valley, 66	W ---	1:10.62

### Mixed U 10 - 100 Metre x 4

#### Heat 1

1 Wollongong City, 102	W ---	59.01Q
2 Jamison, 163	W ---	59.52q
3 Cranebrook, 184	W ---	1:02.27q
4 Tallawong Park, 139	W ---	1:03.30q
5 Tiger West, 68	W ---	1:05.75q

#### Heat 2

1 Helensburgh, 44	W ---	1:01.54Q
2 Douglas Park, 179	W ---	1:02.67q
3 Greystanes, 39	W ---	1:02.68q
4 Ambarvale, 58	W ---	1:05.22q
5 Prospect, 95	W ---	1:06.70

#### Final

1 Wollongong City, 102	W ---	58.84	<b>RECORD</b>
2 Jamison, 163	W ---	59.62	
3 Helensburgh, 44	W ---	1:01.16	
4 Cranebrook, 184	W ---	1:02.86	
5 Greystanes, 39	W ---	1:03.21	
6 Douglas Park, 179	W ---	1:03.56	
7 Tallawong Park, 139	W ---	1:04.99	
8 Ambarvale, 58	W ---	1:06.73	
9 Tiger West, 68	W ---	1:07.72	

### Mixed U 11 - 100 Metre x 4

#### Heat 1

1 Helensburgh, 44	W ---	1:00.13Q
2 Ambarvale, 58	W ---	1:01.37q
3 Greystanes, 39	W ---	1:02.13q
4 Warradale, 45	W ---	1:03.95q
5 Douglas Park, 179	W ---	1:06.82

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Springwood, 35	W ---	59.63Q
2 Jamison, 163	W ---	59.65q
3 Cranebrook, 184	W ---	1:00.52q
4 Wollongong City, 102	W ---	1:00.68q
5 Tiger West, 68	W ---	1:01.83q
6 Prospect, 95	W ---	1:07.64

### Final

1 Springwood, 35	W ---	1:00.03
2 Jamison, 163	W ---	1:00.16
3 Helensburgh, 44	W ---	1:00.21
4 Wollongong City, 102	W ---	1:00.78
5 Greystanes, 39	W ---	1:02.07
6 Ambarvale, 58	W ---	1:02.09
7 Cranebrook, 184	W ---	1:02.41
8 Tiger West, 68	W ---	1:03.77
9 Warradale, 45	W ---	1:05.46

### Mixed U 8 - 200 Metre x 4

#### Heat 1

1 Randwick Botany, 1	W ---	2:25.29Q
2 Manly Warringah, 3	W ---	2:29.12q
3 Mosman, 19	W ---	2:29.94q
4 Springwood, 35	W ---	2:31.89q
5 Ku-Ring-Gai, 84	W ---	2:32.00q
6 Hornsby, 4	W ---	2:34.21q
7 Warradale, 45	W ---	2:37.83
8 Albion Park, 71	W ---	2:37.90

#### Heat 2

1 Northern Suburbs, 54	W ---	2:33.39Q
2 Doonside, 140	W ---	2:35.42q
3 Camden, 61	W ---	2:36.91
4 Rouse Hill Rams, 248	W ---	2:38.71
5 Cherrybrook, 219	W ---	2:41.92
6 Ryde, 38	W ---	2:43.12
7 Gosford, 72	W ---	2:44.38
8 Tallawong Park, 139	W ---	2:50.61

#### Heat 3

1 Liverpool, 48	W ---	2:33.27Q
2 St George, 9	W ---	2:36.98
3 Penrith Valley, 66	W ---	2:39.87
4 Nepean, 13	W ---	2:41.31
5 Winston Hills, 76	W ---	2:47.29
6 Greystanes, 39	W ---	2:49.52
-- Hills District, 15	W ---	DQ 170.14

### Final

1 Randwick Botany, 1	W ---	2:22.92
2 Springwood, 35	W ---	2:25.48
3 Doonside, 140	W ---	2:29.48
4 Ku-Ring-Gai, 84	W ---	2:30.74
5 Northern Suburbs, 54	W ---	2:31.71
6 Manly Warringah, 3	W ---	2:32.87
7 Mosman, 19	W ---	2:35.30
8 Liverpool, 48	W ---	2:37.44

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Mixed U 9 - 200 Metre x 4

#### Heat 1

1	Eastern Suburbs, 2	W ---	2:09.03Q	<b>RECORD</b>
2	Ku-Ring-Gai, 84	W ---	2:13.38q	
3	St George, 9	W ---	2:17.62q	
4	Wollongong City, 102	W ---	2:22.36	
5	Camden, 61	W ---	2:23.34	
6	Doonside, 140	W ---	2:26.49	
7	Randwick Botany, 1	W ---	2:29.96	
8	Warradale, 45	W ---	2:50.31	

#### Heat 2

1	Port Hacking, 110	W ---	2:15.29Q	
2	Kurrajong/Bilpin, 150	W ---	2:17.55q	
3	Ryde, 38	W ---	2:18.97q	
4	Mosman, 19	W ---	2:24.91	
5	Northern Suburbs, 54	W ---	2:26.03	
6	Greystanes, 39	W ---	2:26.93	
7	Winston Hills, 76	W ---	2:28.27	
8	Hills District, 15	W ---	2:28.49	
9	Penrith Valley, 66	W ---	2:32.12	

#### Heat 3

1	Manly Warringah, 3	W ---	2:15.82Q	
2	Cherrybrook, 219	W ---	2:19.60q	
3	Nrocks/Carlingford, 158	W ---	2:21.73q	
4	Albion Park, 71	W ---	2:23.92	
5	Rouse Hill Rams, 248	W ---	2:24.29	
6	Liverpool, 48	W ---	2:25.18	
7	Gosford, 72	W ---	2:34.87	

#### Final

1	Eastern Suburbs, 2	W ---	2:10.82	
2	Ku-Ring-Gai, 84	W ---	2:14.48	
3	Port Hacking, 110	W ---	2:16.35	
4	Ryde, 38	W ---	2:17.91	
5	Manly Warringah, 3	W ---	2:18.44	
6	Kurrajong/Bilpin, 150	W ---	2:18.62	
7	Nrocks/Carlingford, 158	W ---	2:18.81	
8	Cherrybrook, 219	W ---	2:20.10	
9	St George, 9	W ---	2:20.34	

### Mixed U 10 - 400 Metre x 4

#### Heat 1

1	Ryde, 38	W ---	5:05.73Q	
2	South Eastern, 152	W ---	5:09.34q	
3	Hills District, 15	W ---	5:09.75q	
4	Gosford, 72	W ---	5:17.42	
5	Ku-Ring-Gai, 84	W ---	5:19.19	
6	Sutherland, 11	W ---	5:33.72	
7	Blacktown, 8	W ---	5:33.76	
8	Tallawong Park, 139	W ---	5:56.73	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Albion Park, 71	W ---	4:52.13Q
2 Northern Suburbs, 54	W ---	5:05.54q
3 Cherrybrook, 219	W ---	5:20.38
4 St George, 9	W ---	5:35.34
5 Liverpool, 48	W ---	5:38.11
6 Rouse Hill Rams, 248	W ---	5:47.75
7 Colyton/St Clair, 151	W ---	6:05.58

### Heat 3

1 Randwick Botany, 1	W ---	5:05.23Q
2 Nrocks/Carlingford, 158	W ---	5:07.19q
3 Wollongong City, 102	W ---	5:07.67q
4 Helensburgh, 44	W ---	5:15.21q
5 Manly Warringah, 3	W ---	5:21.02
6 Mosman, 19	W ---	5:28.23
7 Greystanes, 39	W ---	5:39.24
8 Tiger West, 68	W ---	5:54.36

### Final

1 Albion Park, 71	W ---	4:40.99	RECORD
2 Wollongong City, 102	W ---	5:01.03	
3 Northern Suburbs, 54	W ---	5:02.68	
4 Ryde, 38	W ---	5:05.50	
5 Hills District, 15	W ---	5:06.63	
6 Nrocks/Carlingford, 158	W ---	5:07.44	
7 Randwick Botany, 1	W ---	5:08.60	
8 South Eastern, 152	W ---	5:10.76	

## Mixed U 11 - 400 Metre x 4

### Heat 1

1 Manly Warringah, 3	W ---	4:49.61Q
2 Ku-Ring-Gai, 84	W ---	5:19.05
3 Hills District, 15	W ---	5:20.68
4 St George, 9	W ---	5:22.64
5 Tallawong Park, 139	W ---	5:27.07
6 Greystanes, 39	W ---	5:30.22
7 Warradale, 45	W ---	5:41.56

### Heat 2

1 Randwick Botany, 1	W ---	4:44.16Q
2 Gosford, 72	W ---	4:45.90q
3 Helensburgh, 44	W ---	4:55.19q
4 Rouse Hill Rams, 248	W ---	5:01.05q
5 Albion Park, 71	W ---	5:01.21q
6 Camden, 61	W ---	5:04.39q
7 Liverpool, 48	W ---	5:06.02
8 Sutherland, 11	W ---	5:26.02

### Heat 3

1 Northern Suburbs, 54	W ---	4:51.98Q
2 Ryde, 38	W ---	5:00.50q
3 Holroyd, 6	W ---	5:07.91
4 Port Hacking, 110	W ---	5:10.34
5 Mosman, 19	W ---	5:11.55
6 Cherrybrook, 219	W ---	5:12.57
7 Wollongong City, 102	W ---	5:16.21
8 Tiger West, 68	W ---	5:38.07

LITTLE ATHLETICS ASSOCIATION OF NSW  
**STATE RELAY CHAMPIONSHIP**  
**2010**

**Results**

**Final**

1 Northern Suburbs, 54	W ---	4:38.66	<b>RECORD</b>
2 Randwick Botany, 1	W ---	4:43.56	
3 Gosford, 72	W ---	4:45.83	
4 Ryde, 38	W ---	4:50.03	
5 Helensburgh, 44	W ---	4:52.95	
6 Manly Warringah, 3	W ---	4:53.35	
7 Albion Park, 71	W ---	4:58.71	

**Mixed U 8-11 100 Metre x 4 (Junior)**

**Final**

1 Prestons Robins, 250	W ---	1:05.18	<b>RECORD</b>
2 Woodberry, 60	W ---	1:10.85	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### JUNIOR FIELD

#### Girls - U 8 - 4 x Long Jump

1 Port Hacking, 110	---		2,767 Pts <b>RECORD</b>
2 Northern Districts, 157	---		2,574 Pts
3 Northern Suburbs, 54	---		2,385 Pts
4 Balmain, 17	---		2,379 Pts
5 Randwick Botany, 1	---		2,375 Pts
6 Girraween, 51	---		2,353 Pts
7 Bankstown Sports, 5	---		2,333 Pts
8 Manly Warringah, 3	---		2,325 Pts
9 Parramatta, 7	---		2,257 Pts
10 Hills District, 15	---		2,244 Pts
11 Ku-Ring-Gai, 84	---		2,000 Pts
12 Winston Hills, 76	---		1,996 Pts
13 Colyton/St Clair, 151	---		1,989 Pts
14 Greystanes, 39	---		1,902 Pts
15 Liverpool, 48	---		1,871 Pts
16 Prospect, 95	---		1,753 Pts
17 Rouse Hill Rams, 248	---		1,626 Pts
18 Nepean, 13	---		1,338 Pts
19 Campbelltown Uws, 36	---		897 Pts

#### Girls - U 9 - 4 x Long Jump

1 Manly Warringah, 3	---		2,778 Pts
2 Bankstown Sports, 5	---		2,583 Pts
3 Northern Districts, 157	---		2,469 Pts
4 Northern Suburbs, 54	---		2,462 Pts
5 Campbelltown Uws, 36	---		2,435 Pts
6 Parramatta, 7	---		2,202 Pts
7 Holroyd, 6	---		2,173 Pts
8 Colyton/St Clair, 151	---		2,168 Pts
9 Ku-Ring-Gai, 84	---		2,105 Pts
10 Girraween, 51	---		2,089 Pts
11 Hills District, 15	---		1,992 Pts
12 Greystanes, 39	---		1,941 Pts
13 Randwick Botany, 1	---		1,933 Pts
14 Winston Hills, 76	---		1,867 Pts

#### Girls - U 10 - Long/High

1 Campbelltown Uws, 36	---		2,873 Pts
2 Ku-Ring-Gai, 84	---		2,863 Pts
3 Manly Warringah, 3	---		2,836 Pts
4 Hornsby, 4	---		2,822 Pts
5 Bankstown Sports, 5	---		2,775 Pts
6 Ryde, 38	---		2,696 Pts
7 Holroyd, 6	---		2,585 Pts
8 Northern Suburbs, 54	---		2,550 Pts
9 Northern Districts, 157	---		2,516 Pts
10 Cherrybrook, 219	---		2,431 Pts
11 Balmain, 17	---		2,420 Pts
12 Liverpool, 48	---		2,322 Pts
13 Winston Hills, 76	---		2,264 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

14 Hills District, 15	---	2,138 Pts
15 Sutherland, 11	---	1,741 Pts
16 Port Hacking, 110	---	1,725 Pts
17 St George, 9	---	1,577 Pts
18 Randwick Botany, 1	---	1,109 Pts

### Girls - U 11 - Long/High

1 Western Suburbs, 20	---	3,280 Pts <b>RECORD</b>
2 Ku-Ring-Gai, 84	---	3,067 Pts
3 Doonside, 140	---	3,066 Pts
4 St George, 9	---	2,884 Pts
5 Holroyd, 6	---	2,745 Pts
6 Campbelltown Uws, 36	---	2,717 Pts
7 Bankstown Sports, 5	---	2,656 Pts
8 Northern Suburbs, 54	---	2,571 Pts
9 Eschol Park, 202	---	2,543 Pts
10 Northern Districts, 157	---	2,525 Pts
11 Ryde, 38	---	2,369 Pts
12 Manly Warringah, 3	---	2,136 Pts
13 Hills District, 15	---	1,763 Pts
14 Winston Hills, 76	---	1,587 Pts
15 Blacktown, 8	---	1,261 Pts
16 Penrith Valley, 66	---	1,168 Pts

### Girls - U 8 - Shot/Discus

1 Port Hacking, 110	---	2,430 Pts
2 Nepean, 13	---	1,996 Pts
3 Ku-Ring-Gai, 84	---	1,987 Pts
4 Hills District, 15	---	1,947 Pts
5 Northern Districts, 157	---	1,927 Pts
6 Parramatta, 7	---	1,920 Pts
7 Girraween, 51	---	1,919 Pts
8 Winston Hills, 76	---	1,913 Pts
9 Bankstown Sports, 5	---	1,901 Pts
10 Manly Warringah, 3	---	1,722 Pts
11 Cherrybrook, 219	---	1,553 Pts
12 Quakers Hill, 199	---	1,516 Pts
13 Northern Suburbs, 54	---	1,483 Pts
14 Randwick Botany, 1	---	1,481 Pts
15 Rouse Hill Rams, 248	---	1,456 Pts
16 Colyton/St Clair, 151	---	1,277 Pts
17 Liverpool, 48	---	1,229 Pts
18 Greystanes, 39	---	1,185 Pts
19 Prospect, 95	---	956 Pts

### Girls - U 9 - Shot/Discus

1 Manly Warringah, 3	---	2,241 Pts
2 Bankstown Sports, 5	---	2,195 Pts
3 Northern Districts, 157	---	2,039 Pts
4 Randwick Botany, 1	---	1,992 Pts
5 Campbelltown Uws, 36	---	1,852 Pts
6 Northern Suburbs, 54	---	1,834 Pts
7 Girraween, 51	---	1,775 Pts
8 Ku-Ring-Gai, 84	---	1,756 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

9	Colyton/St Clair, 151	---	1,599 Pts
10	Parramatta, 7	---	1,588 Pts
11	Sutherland, 11	---	1,583 Pts
12	Greystanes, 39	---	1,474 Pts
13	Blacktown, 8	---	1,408 Pts
14	Hills District, 15	---	1,337 Pts
15	Winston Hills, 76	---	1,312 Pts
16	Rouse Hill Rams, 248	---	1,026 Pts

### Girls - U 10 - Shot/Discus

1	Ku-Ring-Gai, 84	---	2,050 Pts
2	Manly Warringah, 3	---	2,027 Pts
3	Cherrybrook, 219	---	2,006 Pts
4	Parramatta, 7	---	1,912 Pts
5	Port Hacking, 110	---	1,877 Pts
6	Sutherland, 11	---	1,801 Pts
7	Winston Hills, 76	---	1,757 Pts
8	Bankstown Sports, 5	---	1,754 Pts
9	Campbelltown Uws, 36	---	1,738 Pts
10	Quakers Hill, 199	---	1,702 Pts
11	Northern Suburbs, 54	---	1,649 Pts
12	Northern Districts, 157	---	1,633 Pts
13	Liverpool, 48	---	1,613 Pts
14	Ryde, 38	---	1,606 Pts
15	Hills District, 15	---	1,551 Pts
16	Greystanes, 39	---	1,481 Pts
17	Prospect, 95	---	1,324 Pts
18	St George, 9	---	845 Pts

### Girls - U 11 - Shot/Discus

1	Camden, 61	---	2,280 Pts <b>RECORD</b>
2	Manly Warringah, 3	---	2,043 Pts
3	Bankstown Sports, 5	---	1,978 Pts
4	St George, 9	---	1,932 Pts
5	Northern Suburbs, 54	---	1,912 Pts
6	Ku-Ring-Gai, 84	---	1,881 Pts
7	Northern Districts, 157	---	1,823 Pts
8	Doonside, 140	---	1,723 Pts
9	Cherrybrook, 219	---	1,715 Pts
10	Campbelltown Uws, 36	---	1,677 Pts
11	Western Suburbs, 20	---	1,649 Pts
12	Ryde, 38	---	1,569 Pts
13	Hills District, 15	---	1,531 Pts
14	Penrith Valley, 66	---	1,516 Pts
15	Blacktown, 8	---	1,480 Pts
16	Winston Hills, 76	---	1,442 Pts
17	Eschol Park, 202	---	1,394 Pts

### Boys - U 8 - 4 x Long Jump

1	Manly Warringah, 3	---	2,964 Pts <b>RECORD</b>
2	Ryde, 38	---	2,941 Pts
3	Northern Suburbs, 54	---	2,863 Pts
4	Northern Districts, 157	---	2,587 Pts
5	Parramatta, 7	---	2,550 Pts



# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

6 Balmain, 17	---	2,464 Pts
6 Sutherland, 11	---	2,464 Pts
8 Girraween, 51	---	2,311 Pts
9 Bankstown Sports, 5	---	2,283 Pts
10 Ku-Ring-Gai, 84	---	2,212 Pts
11 Greystanes, 39	---	2,210 Pts
12 Randwick Botany, 1	---	2,181 Pts
13 Hills District, 15	---	2,163 Pts
14 St George, 9	---	2,143 Pts
15 Liverpool, 48	---	2,009 Pts
16 Rouse Hill Rams, 248	---	1,915 Pts
17 Prospect, 95	---	1,908 Pts
18 Winston Hills, 76	---	1,532 Pts

### Boys - U 9 - 4 x Long Jump

1 Hornsby, 4	---	2,907 Pts
2 Manly Warringah, 3	---	2,809 Pts
3 Ryde, 38	---	2,658 Pts
4 Balmain, 17	---	2,603 Pts
5 Bankstown Sports, 5	---	2,486 Pts
6 Ku-Ring-Gai, 84	---	2,420 Pts
7 Cherrybrook, 219	---	2,412 Pts
8 Northern Suburbs, 54	---	2,403 Pts
9 Prospect, 95	---	2,319 Pts
10 Northern Districts, 157	---	2,285 Pts
11 Penrith Valley, 66	---	2,206 Pts
12 Kings Langley, 53	---	2,179 Pts
13 Parramatta, 7	---	2,122 Pts
14 Winston Hills, 76	---	2,024 Pts
15 Nepean, 13	---	1,837 Pts
16 Greystanes, 39	---	1,833 Pts
17 Randwick Botany, 1	---	1,822 Pts
18 Rouse Hill Rams, 248	---	1,789 Pts

### Boys - U 10 - Long/High

1 Manly Warringah, 3	---	3,178 Pts
2 Ku-Ring-Gai, 84	---	3,162 Pts
3 Bankstown Sports, 5	---	3,001 Pts
4 Northern Suburbs, 54	---	2,942 Pts
5 Winston Hills, 76	---	2,864 Pts
6 Eastern Suburbs, 2	---	2,824 Pts
7 Port Hacking, 110	---	2,816 Pts
8 Parramatta, 7	---	2,790 Pts
9 Balmain, 17	---	2,739 Pts
10 Colyton/St Clair, 151	---	2,570 Pts
11 Ryde, 38	---	2,536 Pts
12 Northern Districts, 157	---	2,377 Pts
13 Liverpool, 48	---	2,100 Pts
14 Nepean, 13	---	2,003 Pts
15 Randwick Botany, 1	---	1,912 Pts
16 Tallawong Park, 139	---	1,553 Pts
17 St George, 9	---	1,009 Pts
18 Blacktown, 8	---	956 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Boys - U 11 - Long/High

1 Manly Warringah, 3	---	3,204 Pts
2 Illawong, 70	---	3,132 Pts
3 Northern Districts, 157	---	3,053 Pts
4 Northern Suburbs, 54	---	3,036 Pts
5 Parramatta, 7	---	2,967 Pts
6 Colyton/St Clair, 151	---	2,852 Pts
7 Bankstown Sports, 5	---	2,799 Pts
8 Ku-Ring-Gai, 84	---	2,749 Pts
9 Hills District, 15	---	2,737 Pts
10 Liverpool, 48	---	2,575 Pts
11 Sutherland, 11	---	2,466 Pts
12 Balmain, 17	---	2,432 Pts
13 Tiger West, 68	---	2,230 Pts
14 Rouse Hill Rams, 248	---	2,130 Pts
15 St George, 9	---	1,975 Pts
16 Cherrybrook, 219	---	1,905 Pts
17 Hornsby, 4	---	1,887 Pts
18 Randwick Botany, 1	---	1,538 Pts

### Boys - U 8 - Shot/Discus

1 Sutherland, 11	---	2,773 Pts	<b>RECORD</b>
2 Bankstown Sports, 5	---	2,148 Pts	
3 Parramatta, 7	---	2,121 Pts	
4 Liverpool, 48	---	2,040 Pts	
5 Northern Suburbs, 54	---	2,018 Pts	
6 Manly Warringah, 3	---	1,985 Pts	
7 Ku-Ring-Gai, 84	---	1,924 Pts	
8 Northern Districts, 157	---	1,901 Pts	
9 Cherrybrook, 219	---	1,813 Pts	
10 Randwick Botany, 1	---	1,806 Pts	
11 Greystanes, 39	---	1,745 Pts	
12 Port Hacking, 110	---	1,658 Pts	
13 Prospect, 95	---	1,625 Pts	
14 Winston Hills, 76	---	1,623 Pts	
15 St George, 9	---	1,485 Pts	
16 Ryde, 38	---	1,315 Pts	
17 Campbelltown Uws, 36	---	1,293 Pts	
18 Rouse Hill Rams, 248	---	980 Pts	

### Boys - U 9 - Shot/Discus

1 Ku-Ring-Gai, 84	---	2,012 Pts
2 Manly Warringah, 3	---	1,967 Pts
3 Liverpool, 48	---	1,953 Pts
4 Penrith Valley, 66	---	1,952 Pts
5 Hornsby, 4	---	1,935 Pts
6 Northern Districts, 157	---	1,929 Pts
7 Cherrybrook, 219	---	1,921 Pts
8 Bankstown Sports, 5	---	1,837 Pts
9 Winston Hills, 76	---	1,815 Pts
10 Parramatta, 7	---	1,735 Pts
11 Camden, 61	---	1,720 Pts
12 Greystanes, 39	---	1,707 Pts
13 Prospect, 95	---	1,628 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

14 Ryde, 38	---	1,590 Pts
15 Rouse Hill Rams, 248	---	1,551 Pts
16 Randwick Botany, 1	---	1,493 Pts
17 Northern Suburbs, 54	---	1,149 Pts
18 Nepean, 13	---	1,073 Pts

### Boys - U 10 - Shot/Discus

1 Ku-Ring-Gai, 84	---	2,735 Pts <b>RECORD</b>
2 Port Hacking, 110	---	2,417 Pts
3 Parramatta, 7	---	2,302 Pts
4 Manly Warringah, 3	---	2,166 Pts
5 Northern Suburbs, 54	---	2,080 Pts
6 Girraween, 51	---	2,001 Pts
7 Colyton/St Clair, 151	---	1,960 Pts
8 Bankstown Sports, 5	---	1,876 Pts
9 Ryde, 38	---	1,786 Pts
10 Northern Districts, 157	---	1,768 Pts
11 Hills District, 15	---	1,727 Pts
12 Liverpool, 48	---	1,720 Pts
13 Greystanes, 39	---	1,625 Pts
14 Winston Hills, 76	---	1,538 Pts
15 Eastern Suburbs, 2	---	1,533 Pts
16 St George, 9	---	1,522 Pts
17 Nepean, 13	---	1,497 Pts
18 Tallawong Park, 139	---	1,293 Pts
19 Cherrybrook, 219	---	1,242 Pts
20 Randwick Botany, 1	---	1,140 Pts
21 Blacktown, 8	---	247 Pts

### Boys - U 11 - Shot/Discus

1 Macquarie Hunter, 96	---	2,683 Pts
2 Parramatta, 7	---	2,662 Pts
3 Liverpool, 48	---	2,504 Pts
4 Sutherland, 11	---	2,352 Pts
5 Blacktown, 8	---	2,244 Pts
6 Bankstown Sports, 5	---	2,237 Pts
7 Colyton/St Clair, 151	---	2,235 Pts
8 St George, 9	---	2,234 Pts
9 Northern Suburbs, 54	---	2,226 Pts
10 Manly Warringah, 3	---	2,101 Pts
11 Hills District, 15	---	1,959 Pts
12 Ku-Ring-Gai, 84	---	1,872 Pts
13 Rouse Hill Rams, 248	---	1,801 Pts
14 Northern Districts, 157	---	1,776 Pts
15 Nepean, 13	---	1,434 Pts
16 Randwick Botany, 1	---	926 Pts

### Mixed U 8-11 4 x Long Jump (Junior)

1 Prestons Robins, 250	---	2,572 Pts <b>RECORD</b>
2 Woodberry, 60	---	2,333 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### SENIOR TRACK

#### Girls - U 12 - 100 Metre x 4

##### Heat 1

1	Manly Warringah, 3	---	55.68Q
2	Port Hacking, 110	---	56.76q
3	Eastern Suburbs, 2	---	58.35
4	Sutherland, 11	---	58.39
5	Ambarvale, 58	---	1:00.75
6	Kings Langley, 53	---	1:06.86

##### Heat 2

1	Liverpool, 48	---	56.47Q
2	Cherrybrook, 219	---	57.60q
3	Ryde, 38	---	59.06
4	Rouse Hill Rams, 248	---	1:02.79
5	Northern Suburbs, 54	---	1:03.81

##### Heat 3

1	Albion Park, 71	---	56.34Q
2	Randwick Botany, 1	---	56.53q
3	Hills District, 15	---	56.65q
4	Bathurst, 59	---	56.93q
5	Mosman, 19	---	57.69q
6	Ku-Ring-Gai, 84	---	1:00.00

##### Final

1	Manly Warringah, 3	---	54.98
2	Albion Park, 71	---	56.13
3	Randwick Botany, 1	---	56.16
4	Liverpool, 48	---	56.28
5	Port Hacking, 110	---	56.32
6	Hills District, 15	---	57.13
7	Bathurst, 59	---	57.23
8	Cherrybrook, 219	---	57.67
9	Mosman, 19	---	57.91

#### Girls - U 13 - 100 Metre x 4

##### Heat 1

1	Cherrybrook, 219	---	54.56Q
2	Northern Suburbs, 54	---	55.42q
3	Sutherland, 11	---	55.71q
4	Port Hacking, 110	---	55.85q
5	Camden, 61	---	55.92q
6	Randwick Botany, 1	---	59.56

##### Heat 2

1	Manly Warringah, 3	---	53.23Q
2	Jamison, 163	---	55.35q
3	Holroyd, 6	---	57.10
4	South Eastern, 152	---	57.92
5	Winston Hills, 76	---	58.10

##### Heat 3

1	Eastern Suburbs, 2	---	52.87Q
2	Campbelltown Uws, 36	---	53.10q
3	Mosman, 19	---	57.37
--	Kings Langley, 53	---	DQ 170.14

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Final

1 Eastern Suburbs, 2	---	52.49	
2 Manly Warringah, 3	---	52.84	
3 Campbelltown Uws, 36	---	53.25	
4 Cherrybrook, 219	---	54.42	
5 Camden, 61	---	55.47	
6 Jamison, 163	---	55.62	
7 Sutherland, 11	---	55.87	
8 Port Hacking, 110	---	56.33	
-- Northern Suburbs, 54	---	DQ	170.14

### Girls - U 14 - 100 Metre x 4

#### Heat 1

1 Hills District, 15	---	53.74Q
2 Kings Langley, 53	---	53.81q
3 Camden, 61	---	54.51q
4 Cherrybrook, 219	---	55.27q
5 South Eastern, 152	---	56.87q

#### Heat 2

1 Northern Suburbs, 54	---	50.23Q
2 Randwick Botany, 1	---	54.95q
3 St George, 9	---	55.82q
4 Manly Warringah, 3	---	56.57q
5 Winston Hills, 76	---	57.26

#### Girls - U 14 - 100 Metre x 4

### Final

1 Northern Suburbs, 54	---	49.83	<b>RECORD</b>
2 Hills District, 15	---	52.81	
3 Camden, 61	---	53.26	
4 Kings Langley, 53	---	53.43	
5 St George, 9	---	54.73	
6 Randwick Botany, 1	---	55.29	
7 Cherrybrook, 219	---	55.53	
8 Manly Warringah, 3	---	56.14	
9 South Eastern, 152	---	56.75	

### Girls - U 15 - 100 Metre x 4

### Final

1 Eastern Suburbs, 2	---	51.67
2 Winston Hills, 76	---	52.14
3 Campbelltown Uws, 36	---	53.00
4 Northern Suburbs, 54	---	53.21
5 Randwick Botany, 1	---	53.24
6 Kurrajong/Bilpin, 150	---	54.49
7 Port Hacking, 110	---	56.36

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Girls - U 12-15 800 Metre M.Dist. (Senior)

#### Final

1 Mosman, 19	---	10:03.07	<b>RECORD</b>
2 Camden, 61	---	10:19.03	
3 Parramatta, 7	---	10:38.23	
4 Bathurst, 59	---	10:44.44	
5 Randwick Botany, 1	---	10:46.17	
6 Manly Warringah, 3	---	10:54.45	
7 Ku-Ring-Gai, 84	---	10:55.17	
8 Northern Suburbs, 54	---	10:55.64	
9 Campbelltown Uws, 36	---	11:04.64	
10 Cherrybrook, 219	---	11:12.96	
11 Hills District, 15	---	11:27.42	
12 Prospect, 95	---	12:03.39	

### Boys - U 12 - 100 Metre x 4

#### Heat 1

1 Manly Warringah, 3	---	53.72Q	
2 Northern Suburbs, 54	---	54.43q	
3 Mosman, 19	---	57.06q	
4 Sutherland, 11	---	57.09	
5 Randwick Botany, 1	---	57.31	
6 Rouse Hill Rams, 248	---	59.09	
7 Hills District, 15	---	1:00.02	
8 Tiger West, 68	---	1:00.27	

#### Heat 2

1 Winston Hills, 76	---	54.97Q	
2 Albion Park, 71	---	55.43q	
3 Port Hacking, 110	---	55.71q	
4 Cherrybrook, 219	---	56.01q	
5 Liverpool, 48	---	56.16q	
6 Ryde, 38	---	56.63q	
7 Campbelltown Uws, 36	---	57.73	
8 Hornsby, 4	---	1:01.37	

#### Final

1 Northern Suburbs, 54	---	53.79	
2 Manly Warringah, 3	---	54.32	
3 Winston Hills, 76	---	54.81	
4 Albion Park, 71	---	55.41	
5 Cherrybrook, 219	---	56.12	
6 Port Hacking, 110	---	56.55	
7 Liverpool, 48	---	56.60	
8 Mosman, 19	---	57.26	
9 Ryde, 38	---	57.70	

### Boys - U 13 - 100 Metre x 4

#### Heat 1

1 Winston Hills, 76	---	53.79Q	
2 Randwick Botany, 1	---	53.96q	
3 Mosman, 19	---	55.64q	
4 Hills District, 15	---	55.77	
5 Port Hacking, 110	---	57.69	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Northern Suburbs, 54	---	51.82Q	
2 Manly Warringah, 3	---	52.34q	
3 Cherrybrook, 219	---	53.07q	
-- Ryde, 38	---	DQ	170.14

### Heat 3

1 Parramatta, 7	---	51.36Q	
2 Sutherland, 11	---	51.55q	
3 Ku-Ring-Gai, 84	---	52.66q	
4 Kings Langley, 53	---	1:01.27	

### Final

1 Parramatta, 7	---	50.94	
2 Northern Suburbs, 54	---	51.35	
3 Sutherland, 11	---	51.47	
4 Ku-Ring-Gai, 84	---	52.27	
5 Manly Warringah, 3	---	52.55	
6 Cherrybrook, 219	---	53.48	
7 Winston Hills, 76	---	54.98	
8 Randwick Botany, 1	---	55.40	
9 Mosman, 19	---	56.18	

## Boys - U 14 - 100 Metre x 4

### Heat 1

1 Sutherland, 11	---	48.88Q	
2 Cherrybrook, 219	---	49.93q	
3 Randwick Botany, 1	---	50.26q	
4 Ku-Ring-Gai, 84	---	51.31	
5 Kings Langley, 53	---	52.77	
6 Colyton/St Clair, 151	---	58.44	

### Heat 2

1 Manly Warringah, 3	---	48.10Q	
2 Campbelltown Uws, 36	---	51.20q	
3 Rouse Hill Rams, 248	---	58.48	

### Heat 3

1 Hills District, 15	---	48.67Q	
2 Camden, 61	---	49.53q	
3 Port Hacking, 110	---	49.92q	
4 Northern Suburbs, 54	---	50.40q	
5 Blacktown, 8	---	53.14	

### Final

1 Manly Warringah, 3	---	47.77	<b>RECORD</b>
2 Hills District, 15	---	48.39	
3 Sutherland, 11	---	48.86	
4 Cherrybrook, 219	---	49.71	
5 Camden, 61	---	49.74	
6 Randwick Botany, 1	---	50.22	
7 Port Hacking, 110	---	50.40	
8 Campbelltown Uws, 36	---	51.11	
9 Northern Suburbs, 54	---	51.59	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Boys - U 15 - 100 Metre x 4

#### Final

1	Bankstown Sports, 5	---	47.40
2	Port Hacking, 110	---	48.36
3	Manly Warringah, 3	---	48.49
4	Camden, 61	---	49.17
5	Cherrybrook, 219	---	50.04
6	Eastern Suburbs, 2	---	51.35
7	Randwick Botany, 1	---	52.55

### Boys - U 12-15 800 Metre M.Dist. (Senior)

#### Final

1	Randwick Botany, 1	---	9:14.65	<b>RECORD</b>
2	Cherrybrook, 219	---	9:17.58	
3	Hills District, 15	---	9:21.19	
4	Gosford, 72	---	9:48.33	
5	Sutherland, 11	---	9:51.58	
5	Manly Warringah, 3	---	9:51.58	
7	Wollongong City, 102	---	10:01.64	
8	Campbelltown Uws, 36	---	10:07.97	
9	Holroyd, 6	---	10:18.20	
10	Northern Suburbs, 54	---	10:19.97	
11	Helensburgh, 44	---	10:23.43	
12	Parramatta, 7	---	10:26.19	
13	Greystanes, 39	---	10:30.20	
14	Northern Districts, 157	---	10:32.79	
15	Prospect, 95	---	10:37.76	
16	Port Hacking, 110	---	10:37.76	
17	Tiger West, 68	---	10:46.90	
18	Winston Hills, 76	---	11:25.07	

### Mixed U 12 - 100 Metre x 4

#### Final

1	Greystanes, 39	W ---	57.09	
2	Helensburgh, 44	W ---	57.68	
3	Orange, 78	W ---	57.75	
4	Jamison, 163	W ---	57.87	
5	Springwood, 35	W ---	58.73	
6	Minchinbury, 195	W ---	1:02.65	
--	Prospect, 95	W ---	DQ	170.14

### Mixed U 13 - 100 Metre x 4

#### Final

1	Wollongong City, 102	W ---	52.56	<b>RECORD</b>
2	Albion Park, 71	W ---	55.01	
3	Ambarvale, 58	W ---	59.05	
4	Prospect, 95	W ---	1:02.82	
5	Cranebrook, 184	W ---	1:03.27	



# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Mixed U 14 - 100 Metre x 4

#### Final

1 Orange, 78	W ---	53.44	
2 Cranebrook, 184	W ---	54.67	
3 Douglas Park, 179	W ---	54.70	
4 Helensburgh, 44	W ---	54.87	
5 Greystanes, 39	W ---	57.52	

### Mixed U 15 - 100 Metre x 4

#### Final

1 Wollongong City, 102	W ---	49.36	RECORD
2 Jamison, 163	W ---	50.53	
3 Prospect, 95	W ---	53.58	

### Mixed U 17 - 100 Metre x 4

#### Heat 1

1 Campbelltown Uws, 36	W ---	47.35Q	
2 Parramatta, 7	W ---	48.53q	
3 Cherrybrook, 219	W ---	49.10q	
4 Camden, 61	W ---	49.82q	
5 Hills District, 15	W ---	52.03	
6 Colyton/St Clair, 151	W ---	54.29	

#### Heat 2

1 Bankstown Sports, 5	W ---	49.59Q	
2 Port Hacking, 110	W ---	49.76q	
3 Eastern Suburbs, 2	W ---	50.97q	
4 Ryde, 38	W ---	51.06q	
5 Randwick Botany, 1	W ---	51.68q	
6 Manly Warringah, 3	W ---	53.26	
-- Jamison, 163	W ---	DNF	

#### Final

1 Campbelltown Uws, 36	W ---	47.03	
2 Parramatta, 7	W ---	47.99	
3 Cherrybrook, 219	W ---	48.16	
4 Bankstown Sports, 5	W ---	49.19	
5 Camden, 61	W ---	49.23	
6 Port Hacking, 110	W ---	49.28	
7 Ryde, 38	W ---	50.11	
8 Randwick Botany, 1	W ---	52.36	
-- Eastern Suburbs, 2	W ---	DNF	

### Mixed U 12 - 400 Metre x 4

#### Heat 1

1 Randwick Botany, 1	W ---	4:29.57Q	
2 Port Hacking, 110	W ---	4:32.30q	
3 Hills District, 15	W ---	4:44.04q	
4 Rouse Hill Rams, 248	W ---	4:48.66	
5 St George, 9	W ---	4:56.70	
6 Orange, 78	W ---	4:59.80	
7 Cherrybrook, 219	W ---	5:06.96	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Heat 2

1 Northern Suburbs, 54	W ---	4:36.07Q
2 Albion Park, 71	W ---	4:37.95q
3 Winston Hills, 76	W ---	4:39.00q
4 Ku-Ring-Gai, 84	W ---	4:46.72
...Mixed U 12 - 400 Metre x 4		
5 Mosman, 19	W ---	4:53.84
6 Tiger West, 68	W ---	4:54.21
7 Gosford, 72	W ---	4:56.12

### Heat 3

1 Liverpool, 48	W ---	4:36.92Q
2 Manly Warringah, 3	W ---	4:37.18q
3 Sutherland, 11	W ---	4:44.67q
4 Ryde, 38	W ---	4:49.74
5 Springwood, 35	W ---	4:58.68
6 Kings Langley, 53	W ---	5:00.53

### Final

1 Northern Suburbs, 54	W ---	4:26.16
2 Manly Warringah, 3	W ---	4:28.52
3 Port Hacking, 110	W ---	4:31.29
4 Randwick Botany, 1	W ---	4:35.20
5 Albion Park, 71	W ---	4:42.15
6 Winston Hills, 76	W ---	4:43.27
7 Sutherland, 11	W ---	4:45.00
8 Hills District, 15	W ---	4:48.39
9 Liverpool, 48	W ---	4:56.64

## Mixed U 13 - 400 Metre x 4

### Heat 1

1 Manly Warringah, 3	W ---	4:28.20Q
2 Illawong, 70	W ---	4:37.82q
3 Sutherland, 11	W ---	4:41.40q
4 Port Hacking, 110	W ---	4:43.62
5 Mosman, 19	W ---	4:54.62
6 Randwick Botany, 1	W ---	4:55.88
7 Springwood, 35	W ---	5:09.06

### Heat 2

1 Wollongong City, 102	W ---	4:11.90Q
2 Doonside, 140	W ---	4:14.70q
3 Northern Suburbs, 54	W ---	4:16.90q
4 South Eastern, 152	W ---	4:17.80q
5 Gosford, 72	W ---	4:19.10q
6 Winston Hills, 76	W ---	4:39.50q
7 Kings Langley, 53	W ---	4:49.00

### Final

1 Doonside, 140	W ---	4:11.16	<b>RECORD</b>
2 Wollongong City, 102	W ---	4:11.38	
3 South Eastern, 152	W ---	4:17.57	
4 Northern Suburbs, 54	W ---	4:19.71	
5 Gosford, 72	W ---	4:25.19	
6 Manly Warringah, 3	W ---	4:35.57	
7 Sutherland, 11	W ---	4:37.15	
8 Illawong, 70	W ---	4:37.65	
9 Winston Hills, 76	W ---	4:47.17	

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP**  
**2010**

**Results**

**Mixed U 14 - 400 Metre x 4**

**Heat 1**

1 Manly Warringah, 3	W ---	4:14.05Q
2 Randwick Botany, 1	W ---	4:14.25q
3 Northern Suburbs, 54	W ---	4:14.39q
4 Orange, 78	W ---	4:33.63q
5 Sutherland, 11	W ---	4:38.19q
6 Winston Hills, 76	W ---	5:09.88

**Heat 2**

1 Gosford, 72	W ---	4:20.06Q
2 Cherrybrook, 219	W ---	4:21.12q
3 Camden, 61	W ---	4:22.74q
4 Rouse Hill Rams, 248	W ---	4:38.56q

**Final**

1 Camden, 61	W ---	4:05.09	<b>RECORD</b>
2 Manly Warringah, 3	W ---	4:07.71	
3 Northern Suburbs, 54	W ---	4:08.49	
4 Randwick Botany, 1	W ---	4:15.25	
5 Cherrybrook, 219	W ---	4:28.46	
6 Gosford, 72	W ---	4:31.88	
7 Orange, 78	W ---	4:34.13	
8 Sutherland, 11	W ---	4:34.74	

**Mixed U 15 - 400 Metre x 4**

**Final**

1 Manly Warringah, 3	W ---	4:04.55
2 Wollongong City, 102	W ---	4:07.95
3 Port Hacking, 110	W ---	4:08.03
4 Illawong, 70	W ---	4:08.75
5 Mosman, 19	W ---	4:31.36

**Mixed U 17 - 400 Metre x 4**

**Final**

1 Manly Warringah, 3	W ---	3:56.83
2 Cherrybrook, 219	W ---	3:57.12
3 Ryde, 38	W ---	3:59.02
4 Bankstown Sports, 5	W ---	4:04.79
5 Hills District, 15	W ---	4:11.37
6 Randwick Botany, 1	W ---	4:12.47

**Mixed U 12-15 100 Metre x 4 (Senior)**

**Final**

1 Prestons Robins, 250	W ---	59.01
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# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### SENIOR FIELD

#### Girls - U 12 - Long/High

1 Manly Warringah, 3	---	2,909 Pts
2 Sutherland, 11	---	2,801 Pts
3 Cherrybrook, 219	---	2,667 Pts
4 Northern Suburbs, 54	---	2,654 Pts
5 Randwick Botany, 1	---	2,557 Pts
6 Bankstown Sports, 5	---	2,546 Pts
7 Western Suburbs, 20	---	2,457 Pts
8 Campbelltown Uws, 36	---	2,311 Pts
9 Northern Districts, 157	---	2,291 Pts
10 Blacktown, 8	---	1,968 Pts
11 Orange, 78	---	1,811 Pts
12 Hills District, 15	---	1,044 Pts
13 Rouse Hill Rams, 248	---	427 Pts

#### Girls - U 13 - Long/High

1 Manly Warringah, 3	---	2,909 Pts	<b>RECORD</b>
2 Randwick Botany, 1	---	2,528 Pts	
3 Northern Suburbs, 54	---	2,492 Pts	
4 Parramatta, 7	---	2,472 Pts	
5 Ryde, 38	---	2,328 Pts	
6 Ku-Ring-Gai, 84	---	2,179 Pts	
7 Balmain, 17	---	2,053 Pts	
8 Hills District, 15	---	1,994 Pts	
9 Colyton/St Clair, 151	---	1,659 Pts	
10 St George, 9	---	1,320 Pts	
11 Northern Districts, 157	---	1,255 Pts	
12 Cherrybrook, 219	---	392 Pts	

#### Girls - U 14 - Long/High

1 Port Hacking, 110	---	2,999 Pts	<b>RECORD</b>
2 Northern Districts, 157	---	2,945 Pts	
3 Northern Suburbs, 54	---	2,861 Pts	
4 Sutherland, 11	---	2,742 Pts	
5 Bankstown Sports, 5	---	2,632 Pts	
6 Parramatta, 7	---	2,452 Pts	
7 Blacktown, 8	---	2,147 Pts	
8 Manly Warringah, 3	---	1,777 Pts	
9 Randwick Botany, 1	---	965 Pts	

#### Girls - U 15 - Long/High

1 Manly Warringah, 3	---	3,242 Pts	<b>RECORD</b>
2 Northern Suburbs, 54	---	2,666 Pts	
3 Blacktown, 8	---	1,418 Pts	

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Girls - U 17 - Long/High

1 Cherrybrook, 219	---		2,964 Pts <b>RECORD</b>
2 Ryde, 38	---		2,497 Pts
3 Port Hacking, 110	---		2,365 Pts
4 Northern Suburbs, 54	---		2,335 Pts

### Girls - U 12 - Shot/Discus

1 Bankstown Sports, 5	---		1,954 Pts
2 Kings Langley, 53	---		1,904 Pts
3 Randwick Botany, 1	---		1,729 Pts
4 Northern Suburbs, 54	---		1,725 Pts
5 Manly Warringah, 3	---		1,713 Pts
6 Western Suburbs, 20	---		1,698 Pts
7 Blacktown, 8	---		1,647 Pts
8 Prospect, 95	---		1,641 Pts
9 Campbelltown Uws, 36	---		1,404 Pts
10 Orange, 78	---		1,392 Pts
11 Hills District, 15	---		1,367 Pts
12 Northern Districts, 157	---		1,225 Pts
13 Rouse Hill Rams, 248	---		936 Pts

### Girls - U 13 - Shot/Discus

1 Parramatta, 7	---		2,369 Pts
2 Randwick Botany, 1	---		2,278 Pts
3 Manly Warringah, 3	---		2,135 Pts
4 Ku-Ring-Gai, 84	---		1,926 Pts
5 Colyton/St Clair, 151	---		1,898 Pts
6 St George, 9	---		1,765 Pts
7 Ryde, 38	---		1,675 Pts
8 Campbelltown Uws, 36	---		1,656 Pts
9 Northern Districts, 157	---		1,470 Pts
10 Northern Suburbs, 54	---		1,388 Pts
11 Cherrybrook, 219	---		1,382 Pts

### Girls - U 14 - Shot/Discus

1 Port Hacking, 110	---		2,739 Pts
2 Northern Suburbs, 54	---		2,421 Pts
3 Northern Districts, 157	---		2,183 Pts
4 Blacktown, 8	---		1,808 Pts
5 Cherrybrook, 219	---		1,789 Pts
6 Manly Warringah, 3	---		1,237 Pts
7 Prospect, 95	---		1,197 Pts
8 Randwick Botany, 1	---		869 Pts

### Girls - U 15 - Shot/Discus

1 Winston Hills, 76	---		2,944 Pts <b>RECORD</b>
2 Blacktown, 8	---		2,231 Pts
3 Northern Suburbs, 54	---		1,539 Pts
4 Manly Warringah, 3	---		651 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Girls - U 17 - Shot/Discus

1 Northern Suburbs, 54	---	2,470 Pts	<b>RECORD</b>
2 Camden, 61	---	2,039 Pts	
3 Liverpool, 48	---	1,945 Pts	
4 Port Hacking, 110	---	1,839 Pts	
5 Ryde, 38	---	1,418 Pts	

### Boys - U 12 - Long/High

1 Illawong, 70	---	3,036 Pts
2 Western Suburbs, 20	---	2,965 Pts
3 Manly Warringah, 3	---	2,954 Pts
4 Northern Suburbs, 54	---	2,927 Pts
5 Balmain, 17	---	2,775 Pts
6 Kurrajong/Bilpin, 150	---	2,767 Pts
7 Ku-Ring-Gai, 84	---	2,745 Pts
8 Port Hacking, 110	---	2,644 Pts
9 Girraween, 51	---	2,592 Pts
10 Cherrybrook, 219	---	2,465 Pts
11 Nepean, 13	---	2,429 Pts
12 Prospect, 95	---	2,249 Pts
13 Winston Hills, 76	---	2,217 Pts
14 Ryde, 38	---	2,208 Pts
15 Blacktown, 8	---	2,038 Pts
16 Greystanes, 39	---	1,865 Pts
17 Randwick Botany, 1	---	1,795 Pts
18 St George, 9	---	1,703 Pts
19 Doonside, 140	---	1,473 Pts
20 Northern Districts, 157	---	1,242 Pts
21 Bankstown Sports, 5	---	1,219 Pts
22 Campbelltown Uws, 36	---	1,154 Pts
23 Rouse Hill Rams, 248	---	401 Pts

### Boys - U 13 - Long/High

1 Girraween, 51	---	2,810 Pts
2 Hills District, 15	---	2,729 Pts
3 Bankstown Sports, 5	---	2,663 Pts
4 Northern Suburbs, 54	---	2,637 Pts
5 Manly Warringah, 3	---	2,624 Pts
6 St George, 9	---	2,508 Pts
7 Cherrybrook, 219	---	2,386 Pts
8 Ku-Ring-Gai, 84	---	2,376 Pts
9 Port Hacking, 110	---	2,222 Pts
10 Northern Districts, 157	---	2,151 Pts
11 Winston Hills, 76	---	2,135 Pts

### Boys - U 14 - Long/High

1 Liverpool, 48	---	3,081 Pts
2 Bankstown Sports, 5	---	2,784 Pts
3 Ryde, 38	---	2,664 Pts
4 Manly Warringah, 3	---	2,654 Pts
5 Holroyd, 6	---	2,503 Pts
6 Ku-Ring-Gai, 84	---	2,386 Pts
7 Winston Hills, 76	---	2,330 Pts
8 Blacktown, 8	---	2,274 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Boys - U 15 - Long/High

1 Northern Suburbs, 54	---	3,041 Pts
2 Bankstown Sports, 5	---	2,714 Pts
3 Manly Warringah, 3	---	2,284 Pts
4 Parramatta, 7	---	2,041 Pts
5 Hills District, 15	---	1,545 Pts

### Boys - U 17 - Long/High

1 Bankstown Sports, 5	---	2,653 Pts
2 Winston Hills, 76	---	2,419 Pts
3 Randwick Botany, 1	---	2,167 Pts
4 Parramatta, 7	---	1,662 Pts

### Boys - U 12 - Shot/Discus

1 Western Suburbs, 20	---	2,048 Pts
2 Northern Suburbs, 54	---	1,998 Pts
3 Ku-Ring-Gai, 84	---	1,937 Pts
4 Nepean, 13	---	1,902 Pts
5 Manly Warringah, 3	---	1,812 Pts
6 Hills District, 15	---	1,793 Pts
7 Port Hacking, 110	---	1,710 Pts
8 Winston Hills, 76	---	1,702 Pts
9 Girraween, 51	---	1,668 Pts
10 Campbelltown Uws, 36	---	1,640 Pts
11 Colyton/St Clair, 151	---	1,617 Pts
12 Northern Districts, 157	---	1,596 Pts
13 Prospect, 95	---	1,516 Pts
14 Cherrybrook, 219	---	1,503 Pts
15 Bankstown Sports, 5	---	1,469 Pts
16 Randwick Botany, 1	---	1,440 Pts
17 St George, 9	---	1,413 Pts
18 Ryde, 38	---	1,300 Pts
19 Rouse Hill Rams, 248	---	1,067 Pts

### Boys - U 13 - Shot/Discus

1 Manly Warringah, 3	---	2,036 Pts
2 Port Hacking, 110	---	1,985 Pts
3 Hills District, 15	---	1,826 Pts
4 Bankstown Sports, 5	---	1,774 Pts
5 Northern Districts, 157	---	1,721 Pts
6 Cherrybrook, 219	---	1,679 Pts
7 Ku-Ring-Gai, 84	---	1,602 Pts
8 Jamison, 163	---	1,442 Pts
9 Parramatta, 7	---	1,261 Pts
10 Winston Hills, 76	---	1,251 Pts
11 St George, 9	---	1,160 Pts
12 Northern Suburbs, 54	---	1,138 Pts

# LITTLE ATHLETICS ASSOCIATION OF NSW STATE RELAY CHAMPIONSHIP 2010

## Results

### Boys - U 14 - Shot/Discus

1 Liverpool, 48	---	2,556 Pts	<b>RECORD</b>
2 Bankstown Sports, 5	---	2,337 Pts	
3 Winston Hills, 76	---	2,212 Pts	
4 Holroyd, 6	---	1,917 Pts	
5 Blacktown, 8	---	1,796 Pts	
6 Ryde, 38	---	1,715 Pts	
7 Manly Warringah, 3	---	1,658 Pts	
8 Ku-Ring-Gai, 84	---	1,313 Pts	
9 Randwick Botany, 1	---	169 Pts	

### Boys - U 15 - Shot/Discus

1 Northern Suburbs, 54	---	2,230 Pts	<b>RECORD</b>
2 Hills District, 15	---	2,146 Pts	
3 Parramatta, 7	---	2,023 Pts	
4 Bankstown Sports, 5	---	1,861 Pts	
5 Ryde, 38	---	1,802 Pts	
6 Manly Warringah, 3	---	1,743 Pts	
7 Randwick Botany, 1	---	974 Pts	

### Boys - U 17 - Shot/Discus

1 Bankstown Sports, 5	---	1,815 Pts	
2 Randwick Botany, 1	---	1,762 Pts	
3 Parramatta, 7	---	1,238 Pts	

### Mixed U 12-15 4 x Long Jump (Senior)

1 Prestons Robins, 250	W ---	2,140 Pts	
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